

Sunny Side Up Breakfast Bowl

Start your day right with this delicious breakfast bowl featuring perfectly cooked eggs.


15 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 1 egg
- 1/2 cup cooked quinoa
- 1/4 avocado, sliced
- Handful of cherry tomatoes, halved
- 1/4 cup mixed greens
- Salt and pepper to taste

Steps

- 1 Cook quinoa according to package instructions.
- 2 In a non-stick pan, fry the egg sunny side up.
- 3 In a bowl, layer the cooked quinoa, sliced avocado, cherry tomatoes, and mixed greens.
- 4 Top with the fried egg and season with salt and pepper.